

Movement Class Schedule

April 1-June 30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 pm	Express Train Red Brick Courthouse (30 minutes) Leigh Ann	Walk on the Wild Side Meet at EOB Lobby Elevators Leigh Ann	Zumba Red Brick Courthouse (30 minutes) Carrie	Core Yoga Red Brick Courthouse Leigh Ann	Ab Attack Red Brick Courthouse Sean <hr/> Yoga PSHQ Cafeteria Kathy
4:30 pm	Boot Camp PSHQ Cafeteria Leigh Ann	Zumba PSHQ Cafeteria Shanara	Yoga PSHQ Cafeteria Kathy	Zumba PSHQ Cafeteria Shanara	
5:15 pm			Zumba Silver Spring Health Center Shanara		
5:30 pm	Tai Chi EOB Auditorium/ Conference Room Will	Yoga Red Brick Courthouse Kristen	Yoga Red Brick Courthouse Kristen	Zumba EOB Cafeteria Carrie	

Classes are free and held on a weekly basis. Questions? Email Leigh.Henderson@montgomerycountymd.gov

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Ab Attack This fun combo of cardio and core will help you chisel your mid-section while boosting your heart health and kicking stress to the curb. Ab Attack is the perfect way to end your week and start your weekend. We suggest wearing sneakers, and bringing water and a yoga mat.

Boot Camp Report to duty! Build muscle and strengthen your heart during this total body workout. We may even take the fun outside, weather permitting. No equipment (or combat boots) required—wearing sneakers, a bringing a yoga mat, and water are suggested.

Core Yoga Traditional yoga enjoys a new ‘twist’ with an additional focus on strengthening the abs, back and hips. There will still be plenty of time for relaxation and rejuvenation! Bring a yoga mat and a desire for a centered mind and body. Bare feet recommended.

Express Train Don’t think you have time for exercise? Jump on the Express Train! We’ll work our entire body in just 30 minutes. We suggest bringing a pair of light-medium hand weights and a yoga mat. No weights? No problem—you’ll still get a great workout!

Tai Chi Learn the Chinese system of slow, meditative movement designed to restore balance and enhance your mental and physical well-being. No equipment needed, comfortable clothes, sneakers and water suggested.

Walk on the Wild Side Infuse fun and variety into your typical walking workout. We’ll explore different walking paths and add a few bonus exercises along the way. Exercise is always more fun with friends! All you need are your walking shoes. In the event of rain, the class will EOB Lobby elevators and go to the Red Brick Courthouse for class.

Yoga Let the rhythmic movement and breathing of yoga melt stress away. The ancient practice of yoga can stretch the entire body and gentle relaxation will help you re-enter your day centered and calm. We suggest a yoga mat and bare feet or socks.

Zumba Break out your best dance moves with this spicy class. You’ll salsa, shimmy, and have so much fun you’ll forget that you’re getting a great workout! Smooth-soled sneakers and water are recommended.

*Executive Office Building: 101 Monroe St. Rockville, MD
Red Brick Courthouse: 25 Courthouse Sq. Rockville, MD
Public Safety Headquarters: 100 Edison Park Dr. Gaithersburg, MD
Silver Spring Health Center: 8630 Fenton St. 10th floor Silver Spring, MD*